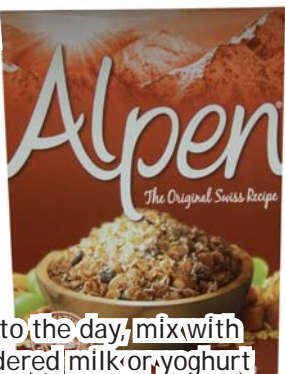


Make a Menu

Muesli



Great start to the day, mix with water, powdered milk or yoghurt

Energy per 100g	377 Kcal
Tastiness 1-5	3/5
Durability	4/5
Health Factor	4/5
Convenience	9/10

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1

Make a Menu

Baked Beans



Quick, easy, tasty, but really heavy

Energy per 100g	45 Kcal
Tastiness 1-5	3/5
Durability	5/5
Health Factor	3/5
Convenience	6/10

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2

Make a Menu

Bananas



Everyone loves bananas but they are a bit too delicate. Try and get dried bananas

Energy per 100g	85 Kcal
Tastiness 1-5	5/5
Durability	1/5
Health Factor	5/5
Convenience	9/10

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3

Make a Menu

Chocolate filled crepes



Really tasty, individually wrapped, can get a bit much

Energy per 100g	456 Kcal
Tastiness 1-5	5/5
Durability	2/5
Health Factor	2/5
Convenience	9/10

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4

Make a Menu

Cup a soup



Really easy to carry, a few but a bit of hassle to make for the benefits

Energy per 100g	405 Kcal
Tastiness 1-5	2/5
Durability	5/5
Health Factor	3/5
Convenience	7/10

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5

Make a Menu

Dates



Snack on Dried Fruit, but dates have less protein than most

Energy per 100g	287 Kcal
Tastiness 1-5	4/5
Durability	5/5
Health Factor	3/5
Convenience	10/10

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6

Make a Menu

Dolmio sachet



If you're having plain pasta then spice it up with this, Tastes good but heavy

Energy per 100g	50 Kcal
Tastiness 1-5	3/5
Durability	4/5
Health Factor	3/5
Convenience	6/10

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7

Make a Menu

Dried Apricots



Snack on Dried Fruit

Energy per 100g	165 Kcal
Tastiness 1-5	4/5
Durability	5/5
Health Factor	5/5
Convenience	10/10

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8

Make a Menu

Fruit
Flakes



Flakes of Dried Fruit

Energy per 100g 330 Kcal
 Tastiness 1-5 4/5
 Durability 5/5
 Health Factor 3/5
 Convenience 10/10

9

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Make a Menu

Hot
Chocolate



Quick, easy, sugary hot drink

Energy per 100g 400 Kcal
 Tastiness 1-5 5/5
 Durability 5/5
 Health Factor 1/5
 Convenience 7/10

10

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Make a Menu

Nut
Muesli
Bars



Museli and
nut bars

Energy per 100g 478 Kcal
 Tastiness 1-5 4/5
 Durability 3/5
 Health Factor 3/5
 Convenience 10/10

11

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Make a Menu

Lloyd
Grossman
pasta
sauce



Bit more expensive but a bit more energy than the dolmio version

Energy per 100g 83 Kcal
 Tastiness 1-5 4/5
 Durability 4/5
 Health Factor 3/5
 Convenience 6/10

12

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Make a Menu

Dried
Pasta



Boring but a staple. Sixty million Italians can't be wrong

Energy per 100g 354 Kcal
 Tastiness 1-5 1/5
 Durability 4/5
 Health Factor 3/5
 Convenience 6/10

13

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Make a Menu

Dried
Mango



Surely the undisputed king of dried fruit

Energy per 100g 330 Kcal
 Tastiness 1-5 5/5
 Durability 5/5
 Health Factor 5/5
 Convenience 10/10

14

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Make a Menu

Mars
bars



It is just sugar really

Energy per 100g 450 Kcal
 Tastiness 1-5 5/5
 Durability 1/5
 Health Factor 1/5
 Convenience 10/10

15

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Make a Menu

Nutri-
Grain



Fruity snack bars

Energy per 100g 359 Kcal
 Tastiness 1-5 3/5
 Durability 3/5
 Health Factor 3/5
 Convenience 10/10

16

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Make a Menu



These are not cakes!! But they are good hiking food

Energy per 100g 421 Kcal
 Tastiness 1-5 1/5
 Durability 1/5
 Health Factor 5/5
 Convenience 9/10

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17

Make a Menu



Quick, easy, and tastes OK. Not great but OK

Energy per 100g 396 Kcal
 Tastiness 1-5 2/5
 Durability 4/5
 Health Factor 3/5
 Convenience 6/10

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18

Make a Menu



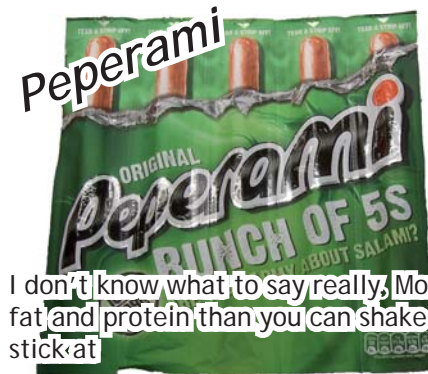
Full of fat, and protein. Don't only eat these, but can form part of a well balanced (walkers) diet

Energy per 100g 590 Kcal
 Tastiness 1-5 4/5
 Durability 4/5
 Health Factor 4/5
 Convenience 10/10

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19

Make a Menu



I don't know what to say really, More fat and protein than you can shake a stick at

Energy per 100g 500 Kcal
 Tastiness 1-5 3/5
 Durability 4/5
 Health Factor 2/5
 Convenience 9/10

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20

Make a Menu



Flat bread is better than rolls as it takes less space but can go a bit hard and stale

Energy per 100g 268 Kcal
 Tastiness 1-5 1/5
 Durability 2/5
 Health Factor 2/5
 Convenience 8/10

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21

Make a Menu



The breakfast of champions (if you can stomach it)

Energy per 100g 400 Kcal
 Tastiness 1-5 2/5
 Durability 4/5
 Health Factor 5/5
 Convenience 7/10

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22

Make a Menu



They are a bit of a cop out but if you have no better ideas then they can have a role as part of your menu

Energy per 100g 378 Kcal
 Tastiness 1-5 1/5
 Durability 2/5
 Health Factor 2/5
 Convenience 8/10

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23

Make a Menu



Maybe OK in small quantities as a treat for if you want a healthy oils and protein hit

Energy per 100g 130 Kcal
 Tastiness 1-5 4/5
 Durability 5/5
 Health Factor 5/5
 Convenience 8/10

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24

Make a Menu

Snickers



A bit more protein than a Mars due to the peanuts I guess

Energy per 100g 511 Kcal
 Tastiness 1-5 5/5
 Durability 1/5
 Health Factor 1/5
 Convenience 10/10

25

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Make a Menu

Super noodles



Super by name...

Energy per 100g 500 Kcal
 Tastiness 1-5 2/5
 Durability 3/5
 Health Factor 2/5
 Convenience 6/10

26

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Make a Menu

Stir fry sauce



Use it as a stir fry or just a different pasta sauce

Energy per 100g 123 Kcal
 Tastiness 1-5 3/5
 Durability 4/5
 Health Factor 1/5
 Convenience 6/10

27

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Make a Menu

Wayfarer all day breakfast



Boil in the bag breakfast
Tasty, easy but heavy

Energy per 100g 135 Kcal
 Tastiness 1-5 4/5
 Durability 4/5
 Health Factor 2/5
 Convenience 8/10

28

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Make a Menu

Travel Lunch Bacon and potato



Dried food from the outdoors shop

Energy per 100g 484 Kcal
 Tastiness 1-5 3/5
 Durability 4/5
 Health Factor 3/5
 Convenience 7/10

29

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Make a Menu

Travel Lunch Beef and potato



Dried food from outdoor shops.
Lighter than an boil in the bag

Energy per 100g 448 Kcal
 Tastiness 1-5 3/5
 Durability 4/5
 Health Factor 4/5
 Convenience 7/10

30

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Make a Menu

Travel Lunch Pasta and sauce



Pricier than a pasta 'n' sauce from a supermarket but BIGGER

Energy per 100g 357 Kcal
 Tastiness 1-5 3/5
 Durability 4/5
 Health Factor 3/5
 Convenience 7/10

31

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Make a Menu

Travel Lunch Rice pudding



I cannot possibly judge this

Energy per 100g 358 Kcal
 Tastiness 1-5 unknown
 Durability 5/5
 Health Factor 3/5
 Convenience 7/10

32

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Make a Menu

Fruit and Nut trail mix



Great snacking food

Energy per 100g 453 Kcal
 Tastiness 1-5 4/5
 Durability 4/5
 Health Factor 4/5
 Convenience 10/10

33

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Make a Menu

Uncle Bens Mushroom rice



Semi cooked rice so heavier than the real thing. But it takes less time to cook

Energy per 100g 156 Kcal
 Tastiness 1-5 2/5
 Durability 4/5
 Health Factor 2/5
 Convenience 6/10

34

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Make a Menu

Uncle Bens Thai sweet chilli rice



Semi cooked rice so heavier than the real thing. But it takes less time to cook

Energy per 100g 148 Kcal
 Tastiness 1-5 3/5
 Durability 4/5
 Health Factor 2/5
 Convenience 6/10

35

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Make a Menu

Uncle Bens Mexican Bean rice



Semi cooked rice so heavier than the real thing. But it takes less time to cook

Energy per 100g 155 Kcal
 Tastiness 1-5 3/5
 Durability 4/5
 Health Factor 2/5
 Convenience 6/10

36

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Make a Menu

Wayfarer Beans and sausages



Boil in the bag meal from an outdoor shop

Energy per 100g 154 Kcal
 Tastiness 1-5 4/5
 Durability 4/5
 Health Factor 3/5
 Convenience 8/10

37

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Make a Menu

Wayfarer Chilli con carne



Boil in the bag meal from an outdoor shop

Energy per 100g 145 Kcal
 Tastiness 1-5 4/5
 Durability 4/5
 Health Factor 3/5
 Convenience 8/10

38

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Make a Menu

Wayfarer treacle pudding



Boil in the bag pudding from an outdoor shop. More Calories than a wayfarer main meal and tastier

Energy per 100g 340 Kcal
 Tastiness 1-5 5/5
 Durability 3/5
 Health Factor 1/5
 Convenience 8/10

39

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Make a Menu

Wraps



Nicer but more fragile alternative to pitta's

Energy per 100g 294 Kcal
 Tastiness 1-5 3/5
 Durability 2/5
 Health Factor 2/5
 Convenience 9/10

40

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Make a Menu

Apples



Not much energy but good for you

Energy per 100g 47 Kcal
 Tastiness 1-5 4/5
 Durability 3/5
 Health Factor 5/5
 Convenience 10/10

41

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Make a Menu

Carrots



Not much energy but nutritious and last well

Energy per 100g 22 Kcal
 Tastiness 1-5 2/5
 Durability 3/5
 Health Factor 5/5
 Convenience 10/10

42

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Make a Menu

Boil in the bag curry Dal



Available from Asian supermarkets

Energy per 100g 92.8 Kcal
 Tastiness 1-5 4/5
 Durability 5/5
 Health Factor 4/5
 Convenience 8/10

43

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Make a Menu

Boil in the bag curry Biryani



Available from Asian supermarkets

Energy per 100g 150 Kcal
 Tastiness 1-5 4/5
 Durability 5/5
 Health Factor 4/5
 Convenience 8/10

44

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Make a Menu

Croissant



Great for day 1 lunch or day 2 breakfast at a push

Energy per 100g 440 Kcal
 Tastiness 1-5 5/5
 Durability 2/5
 Health Factor 2/5
 Convenience 10/10

45

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Make a Menu

Pain au chocolate



Great for day 1 lunch or day 2 breakfast at a push

Energy per 100g 427 Kcal
 Tastiness 1-5 5/5
 Durability 2/5
 Health Factor 2/5
 Convenience 10/10

46

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Make a Menu

Fig Rolls



An absolute classic of the hiking food genre

Energy per 100g 374 Kcal
 Tastiness 1-5 4/5
 Durability 3/5
 Health Factor 3/5
 Convenience 10/10

47

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Make a Menu

Jamaica Cake



No I bought it from a shop

Energy per 100g 364 Kcal
 Tastiness 1-5 4/5
 Durability 3/5
 Health Factor 3/5
 Convenience 9/10

48

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Make a Menu

Look what we found



Really tasty but not much energy for the weight

Energy per 100g 77 Kcal
 Tastiness 1-5 5/5
 Durability 5/5
 Health Factor 4/5
 Convenience 8/10

49

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Make a Menu

Look what we found



Really tasty but not much energy for the weight

Energy per 100g 107 Kcal
 Tastiness 1-5 5/5
 Durability 5/5
 Health Factor 4/5
 Convenience 8/10

50

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Make a Menu

Ryvita



Healthy cardboard. Loads more energy per g than bread

Energy per 100g 370Kcal
 Tastiness 1-5 2/5
 Durability 2/5
 Health Factor 5/5
 Convenience 9/10

51

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Make a Menu

Cheddar Cheese



Full of fat and therefore energy

Energy per 100g 390 Kcal
 Tastiness 1-5 3/5
 Durability 3/5
 Health Factor 3/5
 Convenience 9/10

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Make a Menu

Energy per 100g Kcal
 Tastiness 1-5 /5
 Durability /5
 Health Factor /5
 Convenience /10

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Make a Menu

Energy per 100g Kcal
 Tastiness 1-5 /5
 Durability /5
 Health Factor /5
 Convenience /10

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Make a Menu

Energy per 100g Kcal
 Tastiness 1-5 /5
 Durability /5
 Health Factor /5
 Convenience /10

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Make a Menu

These cards have been designed to assist participants of the Duke of Edinburgh's Award expedition to compare suitable foods that they may wish to take on their expedition.

Compare different types of foods and use the cards to make up a menu for a day.

The colour of the background to number denotes if the meal is usually an evening meal or a Breakfast / lunch / snack item for easy separation should you wish to focus on just the evening meal (for example).

These cards will be added to regularly and more free resources are available to download from our web site.

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Make a Menu

Energy per 100g Kcal
Tastiness 1-5 /5
Durability /5
Health Factor /5
Convenience /10

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Make a Menu

Energy per 100g Kcal
Tastiness 1-5 /5
Durability /5
Health Factor /5
Convenience /10

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Make a Menu

Energy per 100g Kcal
Tastiness 1-5 /5
Durability /5
Health Factor /5
Convenience /10

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Make a Menu

Energy per 100g Kcal
Tastiness 1-5 /5
Durability /5
Health Factor /5
Convenience /10

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Make a Menu

Energy per 100g Kcal
Tastiness 1-5 /5
Durability /5
Health Factor /5
Convenience /10

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Make a Menu

Energy per 100g Kcal
Tastiness 1-5 /5
Durability /5
Health Factor /5
Convenience /10

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Make a Menu

Energy per 100g Kcal
Tastiness 1-5 /5
Durability /5
Health Factor /5
Convenience /10

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Make a Menu

Energy per 100g Kcal
Tastiness 1-5 /5
Durability /5
Health Factor /5
Convenience /10

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